

Perinatal Depression Screening in Inpatient Care

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SCHOOL of NURSING

Purpose

- Create awareness and support for patients that are admitted to the hospital until delivery. Including a perinatal depression screening tool throughout admission will allow providers and medical professionals opportunity to facilitate treatment and provide additional therapy services during the patient’s stay.

Background & Key Findings

- Perinatal depression (PD) refers to depression that occurs during pregnancy or within the first year after childbirth. It encompasses both **prenatal depression** (during pregnancy) and **postpartum depression** (after childbirth). Perinatal depression can affect mothers, fathers, and even adoptive parents.
- No current national standard for assessing perinatal mood disorders in the inpatient setting
- Untreated perinatal depression can lead to:
 - Lack in Energy & Loss of Interest
 - Persistent Sadness, Hopelessness, or Empty-ness
 - Irritability & Agitation
 - Thoughts of Self-Harm or Suicide
- **1 in 7 patients experiencing a pregnancy will develop perinatal depression**

Methods

- Retrospective quantitative approach to assess EHR documentation of the Edinburgh Perinatal Depression Screen (EPDS) scoring throughout a patient’s inpatient stay
- N = 18 pregnant patients
- Gestational age: 24w2d – 34w1d (All second trimester)
- Data collection: September – October 2024
- Admitting diagnosis: Diverse range, five most common:
 - Pre-labor preterm rupture of membranes
 - Preeclampsia
 - Abruption
 - Septic Shock
 - Threatened Preterm Labor
- Descriptive statistics to calculate EPDS scores, review documentation & identify trends
- Primary focus was administration of EPDS screening tool within 72hrs of admission
 - EPDS scores were recorded every seven days
 - Secured electronic spreadsheet
 - Data was numerical-quantitative analysis
 - Data was de-identified to ensure confidentiality

Conclusion

- Between 10 weeks of data collection
- Preeclampsia depression scores increased with length of stay
 - Pre-labor preterm rupture of membranes depression scores decreased with length of stay
 - Lower the admitting gestational age the higher the EPDS score
 - Patients with strong support system & living within one hour of facility scored < 11 on initial screen

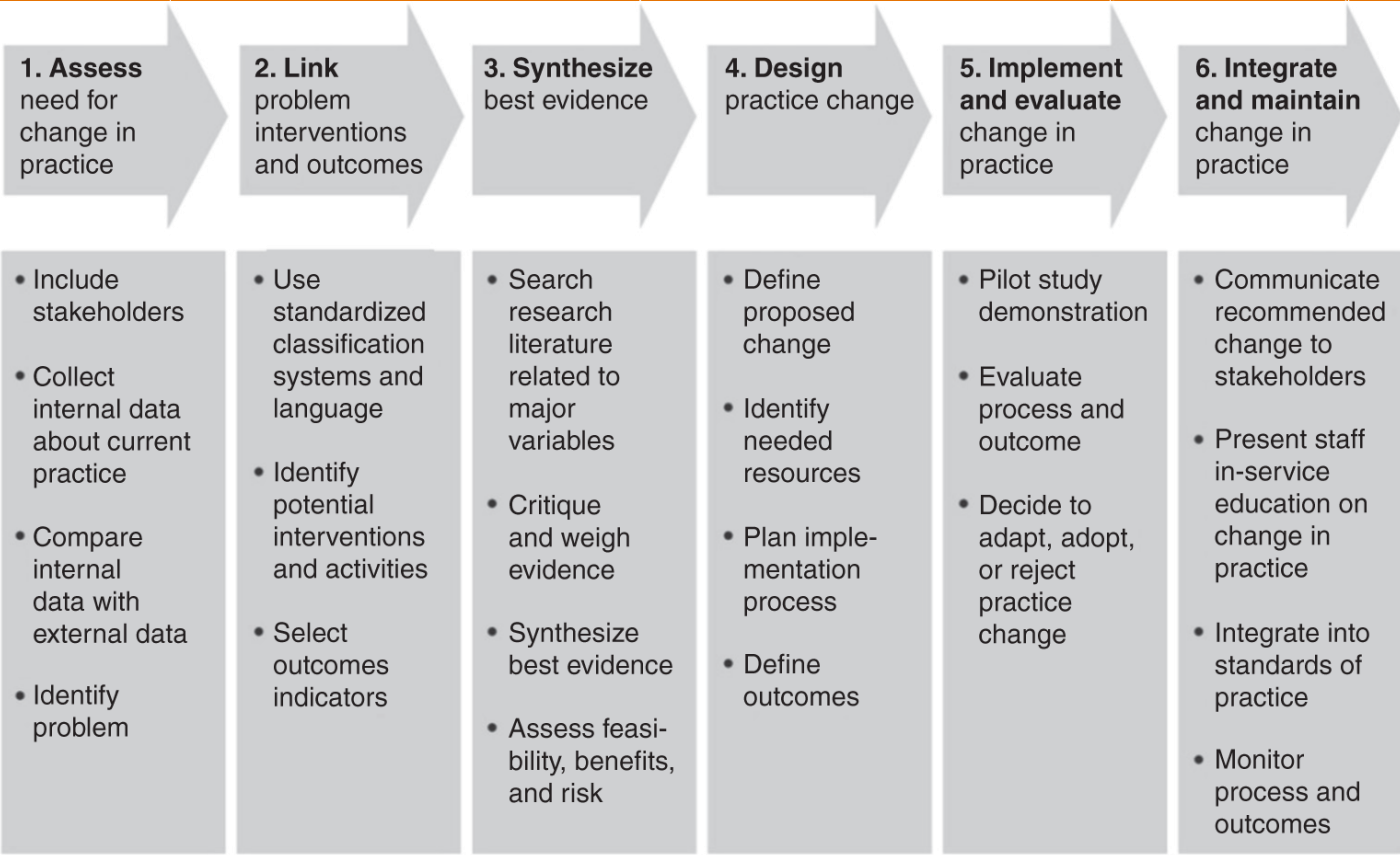
Recommendations

- Formation of policy for ongoing assessment of perinatal depression during inpatient admission
- Formation of Antepartum Committee to assist with inpatient interventions
- Monthly EHR audits to facilitate & ensure compliance of EPDS tool administration

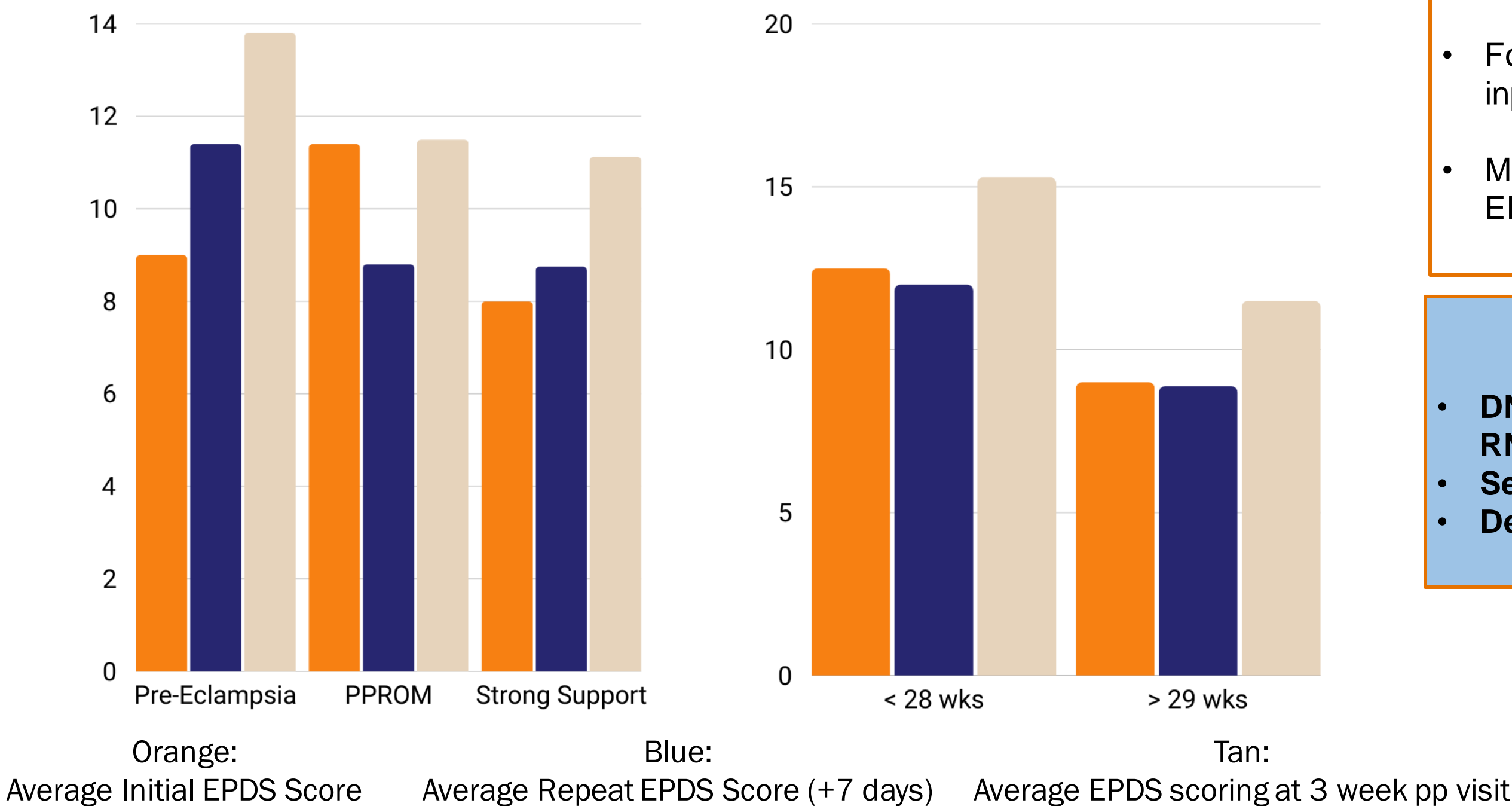
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Iowa Model



(Iowa Model Collaborative, 2017)



References available upon request